

HAWAII ARMY WEEKLY

Vol. 34 No. 8

Serving the U.S. Army community in Hawaii

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What's Inside



New Traffic Rules

Military traveling on Navy property - Beware.

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Hawaii Army Family Action Plan (HAFAP) – HAFAP is your chance to improve the quality of life for Soldier, family and community. Submit issues to help make a difference. Issue discussion takes place at the HAFAP conference, April 18-19, Nehelani, Schofield Barracks. Submit comments online at www.mwrarmy-hawaii.com, e-mail HAFAP@schofield.army.mil, or call 655-2744.



Military Police

58th MP's make their presence felt in Afghanistan.

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Women's History Month Celebration – The 25th Inf. Div. (L) and USARHAW present an annual Women's History Month celebration at 10 a.m., March 11 in the Sgt. Smith Theater on Schofield Barracks. Guest speakers will be Maj. Gen. Gale S. Pollack, commanding general, Tripler Army Medical Center, and Col. (Retired) Ann Wright, former Soldier in the Women's Auxiliary Corps. Call 655-0053.



Boxing Champ

Wolfhound Soldier helps Army pick up 27th boxing title.

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Mission complete for 2BCT

By Joy Boisselle
Staff Writer

Nothing signals a deployment's end more than the return of the unit colors, commander and command sergeant major.

Such was the case Feb. 18 when the 2nd Brigade Combat Team's Commander, Col. Lloyd Miles and Command Sgt. Major Jerry Taylor led 235 Soldiers to their welcome home ceremony at Wheeler Army Air Field.

Although battle-tested and travel-weary, the Soldiers' smiles were as wide as the opening hangar doors, which heralded their arrival to the tearful and jubilant crowd of waiting family members.

In addition, during the weekend, more than 1,000 Soldiers rejoined their commander signaling the end of the 2BCT's Operation Iraqi Freedom mission and bringing the returned home percentage to nearly 100 percent.

With the transfer of

authority completed Feb. 12, Miles reflected on the unit's 13-month mission, "We were a little disappointed when we were extended, but to tell you the truth, after being there for the elections, we ended on a

"Seeing the BCT perform its mission day after day and excelling at it...as a commander, it was very rewarding and encouraging"

- Col. Lloyd Miles

very high note.

"The elections, without a doubt, were the highlight of our mission. It put it all into perspective and brought meaning to what the Soldiers were doing over there."

Although elections were a highlight, Staff Sgt. Joshua Meier, Co. C, 1st Bn., 27th Infantry Regiment, said seeing the Iraqi police and national guard transform from nothing to a trained and equipped force was a proud moment for him.

The infantry squad leader also had the highest praise for his fellow Soldiers.

"The Soldiers performed outstanding. I couldn't ask for a better group. They were all disciplined and knew what they had to do ... they were tough," he emphasized.

Spc. Paul Trejo added, "I am proud knowing that the Iraqis are able to take care of themselves now."

As for being home, Trejo said, "It hasn't really hit me yet, it's kind of weird."

To make the return a little "less weird," United Services Organization personnel provide Aloha and pizza, courtesy of Rich Luster, a.k.a. "The Pizza See "Mission complete" Page A-9



Kirsten Tacker

Command Sgt. Maj. Mark Farley, USARPAC Command sergeant major, welcomes Soldiers on one of the 2nd BCTs last flights Feb. 17 on Hickam Air Force Base.

A determined finish



Raffi Grant

Master Sgt. Jeffrey Moses, HHC 45th CSG, ran the last four miles of the Great Aloha Run with only one shoe Feb. 21. More than 1,300 Soldiers and family members either ran in formation or on their own despite the absence of most of the 25th Inf. Div. (L). See full story on page B-1.

Policy allows deployed Soldiers to reenlist 'out of window' for tax-free bonuses while abroad

By Sgt. David Foley
Army News Service

CAMP VICTORY, Iraq – Like any major corporation, the Army is always looking for ways to retain its trained and qualified employees.

One of the ways the Army does this is by providing Soldiers with reenlistment bonuses. Until recently, only Soldiers of certain rank or military occupational specialty qualified for reenlistment bonuses.

Soldiers also had to wait for their reenlistment window to open before they could reenlist, thus making it difficult for them to get tax-free bonuses by signing up during a deployment. However, all that changed Jan. 18 when the Department of the Army sent out a military personnel message to Army career counselors around the globe.

The Selective Reenlistment Bonus-Deployed Program allows deployed Soldiers to reenlist while abroad for a chance to receive a tax-free bonus of up to \$15,000.

"Basically, you can reenlist outside of your window while deployed to take advantage of the reenlistment bonus in a deployment area where it will be tax free," said Sgt. 1st Class Jorge Garcia, career counselor,



Sgt. Sean Kimmons

Maj. Gen. Eric T. Olson, commander of the 25th Infantry Division (Light), reenlists Sgt. Jason Jackson in Iraq. To boost retention, reenlistment options have become more flexible with benefits through the Selective Reenlistment Bonus-Deployed Program.

Task Force Dragon, Camp Victory, Iraq.

Garcia said the program is a great opportunity for Soldiers because many of them wouldn't qualify for a reenlistment bonus if they reenlisted without being deployed.

Sgt. 1st Class Christopher Wilkerson, 18th Airborne Corps, reenlisted in front of the Al Faw Palace Feb. 7 and was awarded a \$5,600 bonus. Wilkerson said he didn't get the opportunity to reenlist dur-

ing his last deployment because his window wasn't open and he waited until this deployment just so he could reenlist in Iraq.

However, he said he was glad to hear about the bonus and thinks it will encourage other Soldiers to reenlist even though they are more likely to deploy again.

Maj. Raymond Bowyer, who swore in Wilkerson during his reenlistment ceremony, said he

See "Reenlist" Page A-9

SMA testifies on Army's quality of life

By Staff Sgt. Reeba Critser
Army News Service

WASHINGTON – While Army generals testified on the progress of the Global War on Terrorism last week, Sgt. Maj. of the Army Kenneth O. Preston was fighting for Soldiers on another front – their quality of life.

"We recruit Soldiers and retain families," Preston said during opening statements to members of the Subcommittee on Military Quality of Life and Veterans Affairs Feb. 16 on Capitol Hill.

"Our servicemen and women are at the forefront of change and this subcommittee can help them," said New

York Rep. James Walsh, chairman of the Subcommittee on Military Quality of Life and Veterans Affairs, in his opening statement. "If we do our jobs and take our responsibility seriously and make sure our people

See "Quality of life" Page A-9

New York Rep. James Walsh, chairman of the Subcommittee on Military Quality of Life and Veterans Affairs, gives his opening remarks to the highest ranking enlisted leader of each branch before hearing their testimonies Feb. 16 on Capitol Hill.

Staff Sgt. Reeba Critser



The Hawaii Army Weekly welcomes letters and commentaries from readers. To submit call the editor at 655-4816 or e-mail editor@hawaiiarmyweekly.com. The deadline for articles is the Friday prior to the week of publication. Send all articles in Microsoft Word or text format.

Armor upgrade efforts on track

Commentary
Spc. Curt Cashour
Army News Service

CAMP ARIFJAN, Kuwait – It’s been more than two months since the controversy started. At a town-hall style meeting in December, Spc. Charles Wilson asked Defense Secretary Donald Rumsfeld why Soldiers from his unit had to scrounge for spare parts to armor vehicles before making the trip into Iraq. The question sparked a media storm in which pundits and journalists scrambled to find out whether the military was doing enough to ensure the safety of its service members in Iraq. What Wilson and the media personalities who followed in his wake didn’t know was that the Army, along with scores of defense contractors, started developing various armor technologies in August 2003, when insurgents ramped up improvised explosive device attacks in post-invasion Iraq. “From the moment [the attacks started], the Army started energizing,” said Lt. Col. Lisa Kirkpatrick, a project manager for the Army’s Program Executive Office for Combat Support and Combat Service Support. The Army is almost two years into a comprehensive campaign designed to harden vehicles traveling into harm’s way. Level-1 Humvees, which have armor integrated into nearly every aspect of their construction, are being produced at a rate of almost 500 a month – up from 15 a month in August 2003. Installation of Level-2 kits, which include ballistic steel plates and bulletproof windows, is going strong as well, according to Chuck Wentworth, a product manager with the executive office who oversees the delivery and installation of all Level 2 armor kits in theater. More than 10,000 Humvees have been equipped with Level-2 armor to date, Wentworth said. In addition, more than 2,000 medium and heavy trucks have received Level-2 upgrades. Vehicles equipped with Level-3 armor, ad hoc kits designed, fabricated and installed in theater, are receiving Level-2 upgrades on a

daily basis in Iraq. All of this progress has taken place in less than two years, a fact made even more impressive by the reality that research, development and fielding processes for defense projects typically take about five years, Wentworth said. “I don’t know how the Army can do any more,” he said. The hardest part of the Level-2 mission is matching up assets with facilities and workers, Wentworth said. Almost 1,000 contractors are at work hardening vehicles in southwest Asia. For them, however, it’s not a matter of simply putting in a day’s work. The workers are spread across 11 sites, three in Kuwait and eight in Iraq, which are sometimes subject to security threats, inclement weather and limited resources. “I can’t think of a more stressful environment in which to work,” Wentworth said. But workers in the facilities don’t seem to mind the conditions. At a Level-2 facility near Camp Victory, Kuwait, that specializes in medium and heavy trucks, mechanics race around Heavy Equipment Transporters, Heavy Expanded Mobility Tactical Trucks and other vehicles, augmenting them with tan-colored ballistic-steel plates, bullet-proof glass and air-conditioning units. Almost 300 people from countries such as the United States, India, Germany and England work at the location, rotating in 12-hour shifts, seven days a week, said Noah Byers, international after-market sales manager for Oshkosh Truck Corporation, which runs the site. “It’s pretty much a coalition support effort,” he said. Zijad Memisevic is one of several Bosnians who work at the facility. He and his fellow countrymen got their start working on U.S. military vehicles at Camp Eagle, Bosnia, and jumped at the chance to come to Kuwait to help with the up-armor mission. As Memisevic puts it, the job brings people of different nationalities “together in one cause to help the U.S. Army as they head up north.” South of the Oshkosh facility at Camp Doha, Kuwait, a different kind of Level-2 armor operation is just getting started. Workers at the Tanker Ballistic Protection System Project shop coat the exterior of Army tanker trailers with a special

polyurethane glaze. Dubbed “Rhino liner,” the substance has been used for years to keep pickup truck beds free of scratches and other damage. Now it will help American Soldiers safely transport cargo on the convoy routes of Iraq. The coating can deflect enemy rounds at certain angles, and if an object does happen to penetrate the tanker’s skin, the coating seals the damage from the outside and inside, thereby preventing leaks, said Frank G. Wickersham III, international program manager for VSE Corporation, which runs the site. VSE also equips the tankers with ballistic steel plates that protect their sides. Workers at the site have completed about 26 tankers so far and are scheduled to finish their 500th trailer by the end of May, Wickersham said. At Camp Arifjan’s Forward Repair Activity Shop, up to 26 hardened Level-2 Humvees are rolling off the assembly line each day, said Michael D. Cannon, Forward Repair Activity division chief. Workers replace canvas doors with ballistic-steel behemoths weighing in at more than 200 pounds and conventional windows and windshields with hardened glass that’s nearly four inches thick. Each truck also receives an air conditioner. Off to the side of the assembly line, pock-marked windows that protected Soldiers during IED and small-arms attacks are on display. A worker explained the story behind one of the windows. An insurgent shot the side of a Level-2 Humvee several times with an AK-47. Some of the rounds ricocheted off the door and window and ended up killing the insurgent, he said. Wentworth said the Army’s Level-2 operations will continue for at least the next five years. As the current fleet of hardened vehicles wears out, it will be replaced by one consisting primarily of Level-1 vehicles. In the meantime, the Army’s efforts have done a lot to help the Soldiers in Iraq. “You can see a difference in their expressions, demeanor and their confidence. They’re ready to go to war,” Wentworth said. (Editor’s note: Spc. Curt Cashour serves with the Coalition Forces Land Component Command Public Affairs Office in Kuwait.)

The toils of war

Commentary
Sara Burdan
Contributing Writer

“An American Soldier was killed at a checkpoint in Baghdad today.” The words flew into my ears and my heart began to beat faster. I was in Valdez, Alaska on vacation. My world could not have been further from where my husband was. I was surrounded by mountains and the ocean. He was in the desert. Usually, I don’t pay a lot of attention to the news. I get irritated with the continuous push of negativity. However, those words got my attention. I listened, frustrated at the lack of information. I began to pray that he was okay. I wonder how many people around the U.S hear those words and felt knots in their stomach. How many people prayed that is was not theirs and that their Soldier was safe? How many mothers paused? How many wives looked up and closed their eyes. Each of us hoping, thinking praying ...not David, not John, not Chris, not... But it was somebody’s someone. Somebody’s life will never be the same. I grieved for their loss and hoped it was not mine. Statistically, we have lost very few troops. I read that more people were murdered in the city of Denver in April than Soldiers lost. It is more dangerous for David to commute to work in our Alaskan winters than for him to be over there. My head is not very good at convincing my heart. “An American Soldier was killed,” those words ran through my head for days. It was in the back of my mind as I went white water rafting, as I drove home, and as I visited with family. Over and over again, “an American Soldier was killed today...” This is the real toil of war. The waiting, the wondering, the fear. Soldiers have been killed and I mourn for their families. Each of us has suffered the toils of war. Every time we make dinner at night and a seat is empty. Every time we deal with the hassles of power of attorney and household things: credit cards, cars payments, and a new insurance provider. The headaches of the normal day-to-day problems that he usually handled or that we could have handed the phone to him to

deal with. I am never letting him put his name on anything ever again! I have had to send Best Buy a copy of POA multiple times ... ridiculous and tedious things that are repeated reminders of his absence. It is the empty bed in the night listening to noises and trying to sleep. It is going to the movies alone, walking to church alone, seeing his friends and telling people how he is. Trying to remember when the oil was changed last or where we put the studded tires to switch for winter, trying to be wife AND husband ... mother AND father... Yet all of those things we can and we do learn to deal with. We will become independent and time will teach us how to perform multiple roles at least enough to get by. In some areas we may even excel. My husband never got around to teaching me how to drive a stick. He owns a very nice silver Mustang that I have never been able to drive, I learned how to drive a stick and when he comes home (This day will come) I will pick him up in the Mustang with pink seat covers! I am amused just thinking of his face. I can see him rolling his eyes and telling me to move over and let him drive. I want to encourage you that this costs but it will end. I received an email from him the other day. He had been on a convoy and an Iraqi man had approached him with his 5-year-old daughter. Her skin was broken, peeling and falling off her body. She had an extreme case of Lupus and was in intense pain. David treated her as best as he could. She could not get treatment or medicine because they did not have money. The man found a group of American Soldiers and asked them for help. David treated the girl and the Soldiers gave him money for medication. We are building hospitals in Iraq, the people are gaining health and boldness to speak up. It takes time to build trust in a battered heart but the Soldiers are doing it. Our pain, our struggles and our toils of war are a costly price but it is not in vain. Our Soldiers have stood for what is right and showed an oppressed people that justice does exist. The seeds of love, compassion, justice and freedom are being planted and they will take root and they will grow. It is our tears and our sacrifice that waters them.

Voices of Lightning

What is your favorite reality t.v. show? Why?



“The show ‘Housewives’ because it’s fun to see the wives against the husbands.”

Nikki Rio
Family Member



“I like ‘The Real World – Philadelphia’ because when they’re challenging each other and when they disagree, you want to know the next step.”

Joleen Ortiz
Family Member



“My favorite show is ‘American Idol’ because anyone can try out to be a superstar. They give everybody, who can sing, a chance.”

Spc. Slade Gwyn
39th MP Det.



“I guess ‘Fear Factor’ because our kids are so hooked on it. It helped my son face his fear of insects.”

Sgt. 1st Class James Kovack
1984th U.S. Army Hospital
Fort Shafter



“My favorite reality TV show is ‘Fear Factor.’ I like it best because I like to see the people say and do crazy things that I would like to do myself.”

Steven Lee Wilson
Family Member



“I like ‘The Real World’ because it’s funny and they fight all the time.”

Pfc. Alexandra Kent
HHC, 25th Inf. Div. (L)

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Spc. Jeremy C. Horsley receives the Purple Heart from Lt. Gen. John M. Brown, III, commander of U.S. Army, Pacific. Horsley lost his eye to shrapnel during an Iraqi attack Dec. 18.

11 Tropic Lightning Warriors receive Purple Hearts

Story and photos by
Joy Boisselle
Staff Writer

Some remember the event with “like yesterday” clarity, while others remember nothing. Some bear visible marks, like an eye-patch or a network of scars, while others have no outward signs. What brought them together last week is a bond beyond that of Soldier – the award of the Purple Heart medal.

Standing at attention, 11 division Soldiers received the Purple Heart medal from Lt. Gen. John M. Brown, III, commander of U.S. Army, Pacific in a ceremony held Feb. 14 on Sills Field, Schofield Barracks.

“It is a personal honor to be part of this ceremony,” Brown said, adding, “It is a sacrifice that needs recognition, deserves recognition, and will be recognized today.”

Brown said the awardees came from six divisional units in Iraq and Afghanistan and across the width and breadth of the nation. The Soldiers received their wounds through shrapnel, small arms fire, sniper fire, improvised explosive devices, and rocket attacks, he added.

Sgt. Roberto Quintana-Santana, 225th Forward Support Battalion, clearly remembers Oct. 17, the day he was wounded. He came to

the ceremony supported by his wife, Pasha, his children, and his wheelchair.

“I was on a routine resupply mission. I was the passenger on a fuel tanker when a roadside car bomb exploded,” explained Quintana-Santana.

“I was hit by shrapnel on my left side and the shrapnel caused severe nerve damage to my leg and foot.”

Quintana-Santana faces more surgery, and although he is able to walk with a cane for short distances; he is unsure how much mobility he will regain.

Undaunted, he said, “I was doing my job and this is part of it. I didn’t go there (Iraq) looking for this medal.”

His wife, Pasha, also remembers the day vividly. “We had just talked Saturday night, he had just reenlisted, and it was a happy conversation,” she reflected.

“We have such a tight bond that to know he was hurt and not to be able to help him was hard,” she said, fighting tears.

“It [the ceremony] means a lot; it’s great that everybody recognizes what they have done.”

Spc. Jeremy C. Horsley, Co. C., 2nd Bn., 35th Infantry Regiment, also recalls clearly the events of Dec. 18 when he lost an eye from rocket shrapnel.

“Three guys on motorcy-



Sgt. Roberto Quintana-Santana receives the Purple Heart medal and the thanks of a grateful nation from Command Sgt. Maj. Mark L. Farley, Command Sergeant Major, U.S. Army, Pacific in a ceremony on Schofield Barracks Feb. 14.

cles started shooting at us. I launched [M203] rounds at them, killing two. I went to shoot my final round and I got hit in the eye by shrapnel from a rocket.

“It felt like I had been punched really hard in the eye,” he explained matter-of-factly.

Horsley, who is awaiting medical retirement, said, “I

went over, did what I had to do, and came back. The reminder will never go away.”

Spc. Edwin R. Friskey and Sgt. Zachary W. Parinello, both of 2nd Bn., 35th Inf. Rgt., remember little of the days that changed their lives.

Friskey suffered his injuries June 7, Parinello, Nov. 24. Both were severely wounded by improvised explosive devices and both lost friends and fellow Soldiers.

“I remember waking up and being surrounded by doctors,” said Parinello, an infantry team leader.

He added, “I kept asking over and over again about the other Soldiers [Spcs.

Jacob Fleisher and Dale Fracker, both killed in the attack].”

Parinello’s mother, father, and an uncle flew to Hawaii for the ceremony.

Jack, his father, said, “We are sorry he had to get this medal but proud of what he as done.

“We are proud of all of them (Soldiers), and sorry for the ones that didn’t make it back to their families.”

The 11 Soldiers joined 281 Purple Heart awardees from OIF and OEF. Awardees represent the division, U.S. Army Hawaii, and Reserve units.

Cpl. Clinton R. Davis, Spc. Blake E. Basansky, and Pfc. Jose M. Ramirez, all of Co. B, 1st Bn., 27th Inf. Rgt., Spc. Erik Estrada, Headquarters Company, 1st Bn., 27th Inf. Rgt., Spc. Roderick Q. Robinson, 40th Quartermaster Company, Spc. James W. Hutchins and Pfc. John Rudy, both of the 25th Transportation Company also received medals during the ceremony.

“Some fought in Iraq, some in Afghanistan, but you all stood, fought, served, and served alongside your comrades, and you served your nation.

“Your personal sacrifice was made to preserve freedom and it is a sacrifice that will be forever recognized by a grateful nation,” Brown said.

Briefs

Traffic through Lewis Street at Schofield Barracks

Will be blocked until March 11 from 7 a.m. - 3:30 p.m. due to installation of electrical and telecom lines for buildings 500 and 648.

Writing Workshops

Novice and seasoned writers are welcome to attend Hawai'i Pacific University 8th Annual Ko'olau Writing Workshops on Saturday, March 12, from 8:45 a.m. to 3:30 p.m. at HPU's windward Hawai'i Loa campus.

Albert Wendt, Pacific writer and editor and author of novels "Sons of the Return Home," "Leaves of the Banyan Tree," "Ola, Black Rainbow," and "The Mango's Kiss," will be the featured speaker. The event will feature workshop sessions in non-fiction, poetry, fiction, and scriptwriting.

Workshop facilitators include Hiyaguha Cohen and Courtney Kunimura for fiction and Tia Ballantine and Frederika Bain for poetry. The facilitators for non-fiction and scriptwriting have not yet been announced.

Participants will receive a free breakfast from 8:45 to 9:15 a.m. and free drinks during the lunch (brown bag lunch). A \$10 donation is requested, \$5 for students. Parking is free.

To reserve a seat, call 544-9340 or 544-1108, or send name, address, and phone number to Patrice Wilson, 1060 Bishop St., Room 402, Honolulu, HI 96813, by March 10. Donations will be accepted at the door. HPU's windward campus is located at 45-045 Kamehameha Hwy., in Kane'ohe.

CIF Closure

Central Issue Facility will close March 7 – 11 to conduct an inventory. Normal operations will resume Monday, March 14. Emergency issues and turn-ins will be processed on a case-by-case basis. Call Kealii Kahanu at 655-2229 or 284-1457; Lowell Rose at 656-1405 or 284-2156. Also call DOL at 656-2402 for requests.

Foreign Service Officers Needed

Think you have what it takes to be a U.S. diplomat? Registration for the 2005 Foreign Service Written Exam is now open. The exam measures candidates' knowledge of the subjects necessary for performing the tasks required of foreign service officers.

The exam is free and is comprised of multiple-choice questions that cover such areas as the structure and workings of the U.S. government, psychology, American culture, management and finance. The exam includes a job knowledge section, an English usage section, a biographic inventory, and an essay exercise. Candidates must be U.S. citizens between 20 and 59 years old, and be available for worldwide assignment.

Visit www.careers.state.gov/officer/join/examinfo.html for information on how to register and where to find the nearest testing center.

Learn How To Write A Masterpiece Resume

Army Community Service will sponsor a Resume Writing Workshop on Thursday, March 10 at ACS on Schofield Barracks in building 2091 from 9:30 – 11:30 a.m. This workshop will provide skills to create effective resumes for public and private sector jobs. The

Teaching Afghan soldiers



1st Lt. J. Elaine Hunnicutt

Capt. Kim Nash, forward logistics element commander, HHC DISCOM, at Shindand Air Field, Afghanistan, teaches the Afghan National Army soldiers how to load a pallet for the humanitarian airlift to the Ghor Province.

importance of cover letters and tips on following up with your resume are also discussed. To register call 655-2400.

New Fort Shafter Chapel Service

The Wave is a new chapel service on Fort Shafter. It is committed to helping you find God's purpose in your life. Join the Wave on Sundays from 10 – 11 a.m. in the Fort Shafter Dining facility in building 503 B. Enjoy free coffee or soda, casual attire (shorts and flip-flops), we don't care what you wear – as long as it's clothes. Service is non-denominational in flavor. We are using newer Christian music to appeal to a younger crowd – Soldiers and families are welcome and encouraged to attend. We want to help Soldiers and families figure out what God has planned for their life. We are the only chapel service where you can eat during the service.

Pre-retirement Orientation

A semiannual pre-retirement orientation is scheduled March 2 from 8 – 11:30 a.m. at the Schofield Barracks Post Conference Room (building 584) on Trimble Road, across the street from the Sgt. Smith Theater. This orientation is for Soldiers with 18 or more years of active service. Spouses of applicable military personnel are encouraged to attend. Information concerning the benefits and privileges of a military retirement will be provided. Representatives of federal, state agencies and military staff offices will be available to answer individual questions. For more information, call the Schofield Barracks Retirement Services Office at 655-1514.

The University of Oklahoma offers a Master of Arts

Masters in Managerial Economics and a Master of Public Administration. Our Non-thesis programs can be completed in about 18 months. Our one week classes are very TDY and TAD friendly. Contact OU at 449-6364 or aphickam@ou.edu for more information or visit our Web

site at www.goou.ou.edu.

Free Sears Portraits

At any Sears Portrait Studio in the United States, military families can share their smiles free of charge with family and friends anywhere in the world, including overseas military bases (see www.sears-portrait.com/usa/). A locator on the Web site can help families find the closest studio location. Using Sears, exclusive

View and Share® technology, available at most studios, families can share their portrait session with anyone who has Internet access. In addition, military families will receive a 20 percent discount on all in-studio and online portrait orders, which can be combined with any additional advertised or in-store portrait offers.

Free, Fast and Accurate Tax Return Preparation

Schofield Barracks tax center, building 361 (in back of the museum), Mon – Wed, 9:30 a.m. – 5 p.m., Thu, 9:30 a.m. – 6 p.m., and Fri, 9:30 – 4 p.m. Call 655-5144 for information.

Fort Shafter tax center, Aloha Center, building 330, Mon – Wed, 9:30 a.m. – 5 p.m. Call 438-2829. Tax preparers certified by the Internal Revenue Service.

Financial Assistance From Schofield and Fort Shafter Hui

The Schofield Barracks Hui O' Na Wahine welfare grant committee will be accepting requests for funds from community organizations.

Include organization name, point of contact with phone number, the amount requested, project for which the funds will be used, and how the project benefits the community.

Requests must be postmarked by April 9. Funds will be distributed in May. Send requests to Hui O Na Wahine, Attention: Welfare Committee P.O. Box 861305, Wahiawa, HI 96786. Contact Robin Orner, 624-6979, with any questions.

For the Fort Shafter area Hui O Wahine, the deadline for requests is March 18, 2005. Distribution of Funds will take place after April 7.

For more information about the Fort Shafter Hui, contact Marcella Heilig at 833-1834, mail requests to Fort Shafter Hui O Wahine, Welfare Committee, c/o Marcella Heilig, Hale Ikena: Building 710, Fort Shafter, HI 96858

Provost Marshal's Office Hours

The Schofield Barracks Provost Marshal's Office, Vehicle Registration Section, building 6508 on Leilehua Golf Course Road,

hours have been extended from 9 a.m. to 3:30 p.m. Monday through Friday to accommodate Soldiers registering vehicles during redeployment processing. Call Ella Holskil at 655-8940 for more information.

Seeking Volunteer Nominations

The Hawaii business community, Chamber of Commerce and Military Affairs Council, is sponsoring a series of annual events to recognize U.S. service members here.

A special luncheon will be held to recognize active duty military members for their volunteer work done in addition to their normal military duties. For example, giving back to the community in service to schools, youth groups, sports leagues, churches and social agencies.

If you wish to be nominated or know someone who fits the criteria, contact your base Public Affairs Office at 655-8727.

Nomination forms are available at your base Public Affairs Office and must be endorsed by your command. Completed nomination forms are due to U.S. Pacific Command, Office of Community Relations before March 1.

Contact Dennis Fujii, U.S. Pacific Command, Community Relations, at 477-6282 for more information.

Free, Fast and Accurate Tax Return Preparation

Schofield Barracks tax center, building 361 (in back of the museum), Mon – Wed, 9:30 a.m. – 5 p.m., Thu, 9:30 a.m. – 6 p.m., and Fri, 9:30 – 4 p.m. Call 655-5144 for information.

Fort Shafter tax center, Aloha Center, building 330, Mon – Wed, 9:30 a.m. – 5 p.m. Call 438-2829. Tax preparers certified by the Internal Revenue Service.

Traffic violators on Navy property - Beware

By Journalist 2nd Class
Devin Wright
Navy Region Hawaii Public Affairs

New traffic safety rules implemented by the Navy will have an effect on motorists who enter the targeted areas.

Navy Region Hawaii created five new driving safety standards Jan. 1 to comply with the Chief of Naval Operations' mishap reduction policy. The change in regulations are intended to target what some motorists don't do, rather than what they do, while driving.

"I call the new driving safety standards 'The Big Five,'" said Cmdr. Douglas Holderman, Navy Region Hawaii public safety officer. "Seatbelts, child protection seats, speeding, motorcycle personal protection equipment, and not letting people who aren't licensed drive your car."

For the first violation of The Big Five, motorists will lose their base driving privileges for 30 days. If the motorist commits the same violations within one year of receiving the 30-day suspension, that motorist will lose their base driving privileges for one year.

The new driving standards apply to military service members, their families and Department of Defense employees, and contractors as well.

"Everyone on base falls under the same rules," said Holderman. "If you look around off base, you'll notice that there just isn't a lot of parking. If you've had your base driving privileges revoked and you park at the Navy Exchange parking lot, your car will be towed."

"It is going to be a real inconvenience for not doing something as simple as wearing a seatbelt or wearing a motorcycle helmet," said Holderman. "A lot of us are excellent, aware drivers but are victims of other people's poor driving techniques."

Holderman hopes the new standards will save lives and prevent lost workdays.

"We want to lower our medical bills and increase productivity by keeping people at work and keeping them safe," Holderman



Travis Hartman

Military police officer using a hand-held radar to clock traffic.

said.

Many motorists may agree driving is not only convenient, but a necessity.

"If I were to lose my license, it would not only impact me, but my family, as well," said Quartermaster 1st Class (SW) Raymond Diaz of Naval Station Pearl Harbor Port Operations. "We wouldn't be able to buy large amounts of groceries. When my family comes to visit, I wouldn't be able to drive them anywhere on base."

"Professionally, it would mess things up because sometimes you have to drive places on base and if you've lost your driving privileges, you have to ask for rides or get the duty driver to take you places," Diaz added. "It would be really hard on your family and shipmates."

Gas Turbine Systems Technician (Mechanical) 3rd Class Chris Caffey of Naval Station Pearl Harbor said motorcyclists are no different than automobile drivers when it comes to the need for transportation.

"I'm extremely dependent on my motorcycle," said Caffey. "It is the only form of transportation I have. I don't know how I would get along without it."

"I haven't always worn my helmet because I didn't really feel in danger, but now, by possibly losing my license, I feel I have more to risk," he added.

The region is also targeting military members 26 years of age and younger to give them more knowledge about defensive driving skills through an online educational program called "Driving for Life."

The five-hour course covers driving techniques from driving in foul weather, to increasing awareness of other drivers. The Region is also working on a "Train the Trainer" program that would teach representatives from various commands to train their personnel on how to drive for life.

The region hopes The Big Five policy will produce a 50 percent reduction in traffic mishaps by the end of fiscal year 2005.

Scam targets families of troops killed in action

American Forces Press Service

WASHINGTON – Officials with the Department of Homeland Security are warning the public about two new Iraq-related Internet scams, including one directed at the relatives of fallen U.S. soldiers.

"These new Internet fraud schemes are among the worst we have ever encountered," said Michael J. Garcia, assistant secretary of homeland security for immigration and customs enforcement. "Most troubling is the fact that some are targeting the relatives of U.S. soldiers killed in Iraq. We are also concerned about the fact that these criminals are impersonating (Immigration and Customs Enforcement) agents and referring to ICE's official Web site in an effort to steal money from Americans who have lost loved ones."

The first scheme involves e-mail sent to relatives of U.S. soldiers killed in Iraq. Claiming to be a volunteer working with U.S. forces, the sender states that a late friend, who also was a U.S. soldier killed in Iraq, was a very good friend of the relatives' slain son or daughter. The sender then goes on to ask for assistance in obtaining funds kept for them by the deceased friend, promising more details when the relative responds to the e-mail. The sender then adds a link to the portion of Immigration and Customs Enforcement's actual Web site discussing ICE operations in Iraq.

In the second scheme, a blanket e-mail is being distributed that claims to be from an Immigration and Customs Enforcement official in Iraq who is responsible for tracking down funds looted from the Iraqi Central Bank by Saddam Hussein's son. The sender lists ICE's Web site address in the e-mail in an effort to seem credible. The sender then asks for confirmation of the e-mail address of the recipient, stating, "there is a very important and confidential matter which I want us both to discuss."

The ICE Cyber Crimes Center in northern Virginia, in conjunction with the ICE Office of Professional Responsibility here, is investigating the schemes. Those who receive the bogus e-mail solicitations should ignore and delete them, Garcia said.

(From a U.S. Immigration and Customs Enforcement news release.)



Sgt. 1st Class Darren D. Heusel

Staff Sgt. Damiam George of the 58th Military Police Company stationed at Bagram Air Base demonstrates to the Afghan National Police the proper way to handcuff a suspect as part of a training exercise in the use of modern police tactics such as riot control, convoy security and dignitary protection.

Military police Soldiers maintain presence in Afghan community

By John Valceanu
American Forces Press Service

BAGRAM AIR BASE, Afghanistan – A call came over the radio in the 58th Military Police Company Operations Center just as Staff Sgt. Marc Jones was preparing to head out on a night patrol Feb. 18.

Someone had reported an explosion near the perimeter of this coalition base in Northeastern Afghanistan, and Jones was told to take his Soldiers and investigate.

Jones walked outside the building to where three armored Humvees waited in the parking lot, their diesel engines rumbling as they warmed up for the mission. At 7 p.m., the sky was already pitch black. The moon and the stars didn't help much.

"We've got a change of plans," Jones told his Soldiers. "An explosion has been reported, and we're going to go check it out before we head out on our patrol."

Jones gathered his squad and briefed them on the mission. Laying out a map on the hood of a Humvee, he and his Soldiers determined the best route to their targeted location and agreed on it, making sure they all knew

the game plan.

Driving over unpaved Afghan roads, the Humvees' headlights lit up the mud and stone walls – sometimes three feet tall, sometimes 10 feet tall – that line many of the thoroughfares. The Afghans built them, Jones said, to trap Russian convoys. On the other side of the walls, most of the fields are peppered with mines.

There is no electrical power grid in the area. Some villages are fortunate enough to have generators that can provide some electrical power. But most people get by with candles and kerosene lamps.

Jones reported back to the operations center by radio that they were unable to detect anything suspicious or worthy of further investigation. He was told to proceed with his scheduled patrol.

"This is nothing unusual," Jones said. "We get reports of explosions pretty regularly. Usually it's a mine going off. There are lots of mines around here."

The 58th Military Police Company is part of the 25th Infantry Division (Light), which has been one of the main U.S. units operating in Afghanistan.

The military police Soldiers have been conduct-

ing patrols, both during the day and at night, in the area for the past 10 months. Jones estimates that his squad has conducted more than 200 patrols in that timeframe.

"We want to be seen. We want everyone to know that we are here," Jones said.

But the military police presence has had another benefit. It has encouraged the growth of commerce and attracted people to the community.

During the day, the streets in the villages are teeming with vendors and shoppers buying and trading all sorts of goods, ranging from fruits and vegetables to clothes and hardware.

Since the coalition drove out the Taliban regime three years ago, a flourishing market economy has sprung up.

"This place has really developed. There our now houses, schools and shops that did not exist when we first started patrolling," Jones said.

"Areas that used to be open land are now villages. From what I've seen, this place is really starting to prosper."

The region's development is not the only change, however.

"When we first got here, our posture was much more

aggressive," Jones said.

"We projected an image of force, and we didn't allow the people to get too close. Now, we're more relaxed. We know that these people are glad we're here. We've gotten comments from the villagers, thanking us for patrolling and telling us that they feel safer because of us. They said crime has gone down."

During night patrols, the streets are empty. Virtually

all Afghans stay indoors at night.

Jones said that if his Soldiers see someone running around outside at night, they become suspicious. Though they are in a relatively safe area and the local populace is friendly, Jones said he never allows his Soldiers to forget they are in a combat zone and there is a dangerous enemy waiting for them to let their guard down.

"There's always a sense of danger. We can't ever let ourselves become complacent, because that's when something bad will happen," he said.

"My job, specifically, is to make sure we complete our mission and to bring all my Soldiers back home safe."

(Editor's Note: Read the entire article at: www.defenselink.mil/news/Feb2005/n02212005_2005022103.html)

Army outlines eligibility for new close combat badge

By Eric Cramer
Army News Service

WASHINGTON – A new badge recognizing troops who have been in combat will debut in March, Lt. Gen. F. L. Hagenbeck, Army Deputy Chief of Staff, said today.

The Close Combat Badge will recognize specific armor, cavalry, field artillery and combat engineer Soldiers, colonel and below, serving as infantry in units purposefully reorganized to routinely conduct infantry-unique close combat missions and personally present and under fire while conducting those types of missions.

The way the badge will look has not yet been determined. Although it will begin to be awarded in March, Hagenbeck said it will probably be autumn before the badge appears in clothing sales stores.

Major generals will have the award authority on the new badge.

Hagenbeck said the badge is designed to recognize the efforts of Soldiers in units which have been reorganized and used as infantry, and will be

retroactive to Sept. 11, 2001.

“This notion came from commanders in the field. They said, very specifically, that we’ve reorganized, for example, field artillery units and created infantry-like formations. They’re mirroring what our 11B infantry do, they should get the CIB, or we need to create a Close Combat Badge,” Hagenbeck said.

He said the Army convened a panel of retired Soldiers, including several generals, to determine who would qualify for such a badge, and whether it was needed.

“There was a lot of discussion, but

there was consensus that these Soldiers ought to be recognized,” he said.

The general said the goal was to recognize these Soldiers without any impact on the 60-year tradition of the CIB.

“It’s a highly emotional issue,” Hagenbeck said. “In the past, you could, for example, have a forward artillery observer attached to an infantry unit. He’s on the same patrols and he is getting shot at by the same enemies, but he’s not eligible for the CIB,” Hagenbeck said. “He wouldn’t be eligible for the CCB, either. It’s strictly for those people who we’ve pulled out of their tanks and away from their guns and used to perform infantry missions.”

He said the combat patch worn by all Soldiers in a combat zone will remain the visual symbol for Soldiers who have served in a combat theater. The CCB is awarded only to those who meet its specific criteria.

“Everyone is in danger on today’s 360-degree battlefield,” Hagenbeck said. “This recognizes those deliberately planned offensive combat missions designed to close with the enemy and destroy or capture them.”

Complacency = Major deployment danger



Staff Sgt. Jose Gomez (front), 58th MP Co. squad leader, reads the operation order before conducting a security patrol. Although he and his squad have conducted the same patrol over the same terrain many times, the operation order is read each time to avoid complacency.

Story and photo by
Sgt. Frank Magni
17th Public Affairs Det.

AFGHANISTAN — After extensive preparation and training before deploying, and then a year of operating in a combat zone, it will all soon come to an end for many serving throughout Operation Enduring Freedom.

With redeployment only a month, or even weeks, away for many, the anticipation and emotions of ending their deployment are beginning to consume many people.

Whether it is the daydreams about a new assignment or spending time with family and friends, redeployment is quickly becoming a close reality for many service members here.

But along with this reality comes a fertile environment for complacency, said Garrett Lozier, Combined Joint Task Force-76 safety director.

A retired Army first sergeant and veteran of many training and operational deployments, Lozier has seen how the final weeks of a deployment can be very dangerous if not handled correctly.

“It is a combination of things,” said Lozier. “(Service members) are not only distracted with going home, but they fall into a dangerous habit of relying more on routine than preparation. That, along with the increased workload of packing up and going home, sometimes results in (service members) cutting cor-

ners and not remaining vigilant.”

For CJTF-76 and 25th Infantry Division (Light) Command Sgt. Maj. Frank Ashe, the answer to combating a sense of complacency remains simple – consistent leadership.

“All leaders must remain disciplined professionals and stay aware,” said Ashe. “Just because we are about to leave, it doesn’t change our mission here.”

From the most senior task force commander down to the most junior team leader, the theme must remain on safety, said Ashe.

“Nothing has changed,” he said. “The enemy is still trying hard to kill us ... and we still operate in one of the harshest environments in the world.”

Two areas Ashe feels are most important are weapons and vehicle safety.

“A leader cannot talk enough about weapons safety,” he said. “The day a leader feels they are becoming redundant about weapons safety, they are becoming complacent themselves.”

Procedures like proper clearing and handling of weapons and muzzle awareness are two of Ashe’s biggest concerns.

In vehicles, seatbelts and troop straps should always be in use, he said. Crew and rollover

drills should also be done before any convoy.

While Ashe said he realizes there is a lot of thought that must go into post-redeployment plans, now is not the time to be thinking about it.

“All of those things are insignificant right now, he said. “What is important is keeping your head in the game.”

Ashe said even though each service member has their own individual concerns, they must trust that their units are setting up the best environment and support system in the rear to handle each situation.

A healthy grasp on what redeployment really means is one of the most important things service members can focus on.

“You have to look at redeployment as just a change in mission,” said Lozier. “Although we are leaving Afghanistan and going home, we will still have many issues to contend with.”

While vigilance can seem challenging in a time of extreme flux, service members must find simple methods to deal with redeployment.

“I’m just handling these last few months the same way I handled the first,” said Spc. Travis Patton, 58th Military Police Company. “I just take it one day at a time.”

When Patton returns to Hawaii, he has the task of moving his family back to the island, along with the possibility of moving to another unit. Although he admits he thinks about these things every day, they immediately take a back seat during missions.

“It is just too far ahead to let it distract you,” said Patton.

Patton’s squad leader, Staff Sgt. Jose Gomez, said distractions are easy to keep to a minimum.

“Something happens every week to remind us what kind of environment we are in,” said Gomez, referring to various events of the past ten months, such as improvised explosive devices, indirect fires on Coalition assets and vehicular accidents.

While the solutions to combat complacency can remain as simple as taking each day as it comes, it’s also a simple fact this deployment will end soon enough for many personnel on the ground.

But it’s not over until it’s over.

“We have done many great things since being here and have many reasons to be proud,” said Ashe. “But just remember that this thing isn’t over until you are sitting in your house in civilian clothes.”

Pentagon leaders cite successes, challenges in war against terrorism

By Donna Miles
American Forces Press Service

WASHINGTON – There's steady success in the global war on terror, but it's a war the United States can't fight alone, and one in which the U.S. military depends on its partners in government, senior Pentagon officials told civilian leaders visiting here today.

Deputy Defense Secretary Paul Wolfowitz told alumni from the Joint Civilian Orientation Conference the work being carried out by men and women in uniform "is of enormous importance, both to the security of this country and to ... changing the world to make it a better place."

The civilians attending the session were among about 50 business, civic and academic leaders who traveled throughout U.S. Pacific Command in September to learn about military operations and observe them firsthand. As a follow-up to their weeklong trip, they visited the Pentagon today to receive briefings from senior defense officials.

Wolfowitz praised the work being done by the U.S. military in fighting terrorism and promoting stability. He paraphrased a popular Winston Churchill quote and applied it to today's armed forces, "with so many of us owing so much to a relatively small number of people and their families (for their support) in the war on terror."

Air Force Gen. Richard B. Myers shared the deputy secretary's enthusiasm about the successes being made in both Afghanistan and Iraq. Not only did the Iraqi elections give the Iraqi people the first opportunity to cast their votes in almost 60 years, they also helped showcase the strides being made by Iraq's security forces, the Joint Chiefs of Staff chairman told the group.

Iraq's security forces provided the first ring of security around the country's polling stations, and in two cases, sacrificed themselves to protect voters from homicide bombers attempting to disrupt the elections.

Myers said he's been told by Army Gen. George Casey, commander of Multinational Force Iraq, that the security forces' role in the elections proved to be a tremendous confidence builder. "It gave the security forces confidence, and it gave the citizens confidence in their security forces," the chairman said.

And while he said he expects "a period of some turbulence" as Iraq undergoes a change of government, Myers said he believes "the momentum is clearly on our side in Iraq right now."

Both Myers and Wolfowitz acknowledged that insurgents continue to plague progress in Iraq, but Myers said simply eliminating the terrorists isn't the answer to long-term stability.

"Because in the end, you want an environment that doesn't encourage extremism," he said, and that takes more than just military action.

"I guarantee you, we can kill terrorists," Myers told the group. "We have killed thousands of terrorists, but in the end, if you don't change the fundamental rules that moderate their behavior, then you are not going to win."

Myers said the term "war on terror" leads some people to assume that the military can handle it alone, but said other government efforts are equally, if not more, important. "It is, in a sense, a war, but it is not the military instrument of national power that is going to win it, that is for sure," he said. "We can play a role but we cannot win this alone. It takes all the elements of national power."

The chairman ticked off examples of several other government agencies he said are critical to the effort: the State Department, Department of Education, Department of Commerce and Central Intelligence Agency, among them.

"Everyone plays a role here," Myers said. "There's a role we (in DoD) play, but there are other things that have to go on."

Fort Shafter marks century of service in Hawaii

U.S. Army, Pacific Public Affairs

The year 2005 marks the centennial of Fort Shafter as a strategic outpost for America's Army in the Pacific. Today, the oldest military post in Hawaii also stands in the forefront of the Army's transformation into the premier land power for the new century.

The major headquarters on post, U.S. Army, Pacific provides trained and ready land forces to the commander, U.S. Pacific Command. The Palm Circle Historic District, with its parade field flanked by royal palms and plantation-style buildings, is listed on the National Register of Historic Places and attracts thousands of visitors each year.

Most Hawaii residents know Fort Shafter only as an exit off the freeway where an American flag rises majestically over the lush Moanalua Valley. Few people know that more than 5,000 Soldiers, civilians, contractors, and military families live and work on the 589-acre post. In fact, if USARPAC were a business, it would rank as one of the state's largest employers with more than 25,000 full-time Soldiers and civilians employed throughout the Pacific and 9,000 more in the National Guard and Army Reserve.

"It was such a pretty place, in the early days people would actually buy post cards of Fort Shafter's Palm Circle Parade Field, said Olav Holst, lead historian with Home of the Brave Tours in Honolulu. "It was considered one of the most beautiful places in Honolulu and still is."

Each day, Home of the Brave Tours transports dozens of visitors to Fort Shafter. They stop to marvel at the many historical sites, reminisce, and reflect on the sacrifices and contributions American Soldiers have made to the nation during the last century.

"It's a wonderful look back, not only for American military history, but Hawaii's history," Holst says as another group of camera-toting history buffs embark on the walking tour. "The biggest thrill for us, besides seeing the historic buildings and beautiful grounds, is that the Army general staff greets us during the tour."

Once inside the historic structure, Holst informs the group how in 1944 the Army Corps of Engineers built Richardson Hall, the Army Headquarters building that was nicknamed the "Pineapple Pentagon." Many are surprised to learn that what was intended to be a temporary building constructed in an astonishing 44 days, remains the nerve center for Army activity for the entire Pacific Region.

Many Soldiers and families still live and work inside the same plantation-style homes and buildings that were occupied by their military forebearers nearly a century ago.

Among the many sites inside the "Pineapple Pentagon" are historical bronze-works and floor-to-ceiling murals depicting World War II era Soldiers marching into battle. Also on display are the battle flags, campaign streamers, and a Medal of Honor exhibit that pays homage to the Soldiers who received the nation's highest honor for heroism and bravery in battle.

The Army recently installed a new touch screen interactive display that allows visitors to learn about America's Army in the Pacific from the vantage points of the past, present, and future and see exactly where today's Soldiers and their units are deployed around the world in support of the Global War on Terrorism.

"The new display really enhances the



An aerial view of Fort Shafter in its early days. The post now enters it's 100th year of service to the Pacific Command and Hawaii community.

tour," Holst said, as the group gathered in front of the plasma screens to view photographs and video linked to the new high-tech displays.

Visitors learn that in 1905, the War Department began construction at Fort Shafter as part of an ambitious building program that included the Army's Fort DeRussy, Fort Ruger, and Schofield Barracks. The post was named for Maj. Gen. William R. Shafter, commander of the expeditionary force that liberated Cuba in 1898.

In June 1907, the 2nd Battalion, 20th Infantry Regiment became the first unit stationed in the barracks facing Palm Circle.

Over the decades, the post's key location between Pearl Harbor and Honolulu led to its gradual expansion, including a hospital, ordnance depot, anti-aircraft regiment, and signal depot.

From 1921 through WWII, Fort Shafter served as an anti-aircraft artillery post and on Dec. 7, 1941, the Coast Artillery batteries established gun positions on the parade field and sustained the only known casualties on the post.

On the day of infamy, Fort Shafter was strafed during the attacks, and marks are still visible in Lt. Gen. Walter T. Short's famous residence – known simply as Quarters 5. Short was in charge of security for the Hawaiian Islands and Pearl Harbor at the time of the attack.

After the historical tour through the headquarters, many visitors pause outside to snap photos in front of an ornate fountain built by Italian prisoners of war and King Kamehameha's cannon.

Tourists aren't the only ones impressed by the impeccably preserved post. Hollywood film makers were also captivated by Fort Shafter. Visitors learn that scenes from movies like "Tora Tora Tora, Pearl Harbor" and even the television series "Hawaii Five-O" were filmed on location at Fort Shafter.

In addition to being a prime location for filmmakers over the years, Fort Shafter also had some iconic residents, including Gens. George Patton, and "Stormin'" Norman Schwarzkopf.

Aside from its famous former residents, today, several military agencies

also call Fort Shafter home. The U.S. Army Corps of Engineers, Pacific Ocean Division manages military construction and civil works throughout the region from its headquarters while the U.S. Army Installation Management Agency, Pacific Region Office oversees all Army installations in Hawaii, Alaska, and Japan.

Fort Shafter Flats is home to the 9th Regional Readiness Command which controls Army Reserve forces in Hawaii, Alaska, and the region.

Before the Army settled Fort Shafter and long before the arrival of Europeans, Native Hawaiians lived and worked in the ahupua'a of Kahauiki. The Army has documented many archaeological sites. Over the years, Army staff members have received national accolades and awards for their efforts in documenting and preserving Fort Shafter's important cultural and historical resources.

After World War II, Fort Shafter remained the senior Army headquarters post for the region, while the 25th Infantry Division occupied the more spacious Schofield Barracks. In the 1960s the Moanalua Freeway split Fort Shafter in two, and it survived into the post-Vietnam era.

In 1974, the Army replaced USARPAC with a smaller element, U.S. Army Support Command, Hawaii. That same year the Army Corps of Engineers relocated its Pacific Ocean Division from Fort Armstrong to the post.

The headquarters was reborn in 1979 as U.S. Army Western Command and several years later Fort Shafter itself was reduced in area by over half when the Army conveyed 750 undeveloped acres to the state. The headquarters was re-named USARPAC in 1990.

Today, Fort Shafter and the Army headquarters continue to adapt and modernize to meet the needs of military commanders in the region. Future plans include transforming USARPAC into a deployable headquarters for employment anywhere in the region.

For 100 years, Fort Shafter has served the nation in a variety of ways and will continue to do so in the years ahead as more chapters are added to reflect the enduring legacy of America's Army in the Pacific.

Mission complete

From A-1

Guy". The USO and Luster provided the same service as troops departed and now repeat the process as they return.

Enjoying his slice of home was Sgt. Philip Dix, a 1st Bn., 27th Inf. Rgt. Soldier. "I just want to see my wife and son," he said with a mile-wide grin.

Asked if he had learned anything during the deployment, he said, "I learned we can handle a lot ... more than most people."

He emphasized that he was very glad the deployment was over.

Soldiers agreed that the hardest part of the deployment was separation from family and friends. The waiting families echoed that sentiment.

Sheri Siege waited patiently with her son, Nickalas, 2, and daughter, Arianne, 10 months, for the arrival of Staff Sgt. Matthew Siege, 1st Bn., 27th Inf. Rgt.

Siege was unable to

attend his daughter's birth and saw her for the first time at nine weeks old.

"I am feeling a lot of emotions wrapped up into one ... happiness, nervousness, pride, it feels like a dream, but I am very excited," she said.

Wanda Hunter, wife of Chief Warrant Officer Reginald Hunter said "everything" about the deployment was difficult, but learned something about herself now that it is over.

"I learned I am strong and independent."

Miles cited that family strength and the performances of the family readiness groups as pivotal to the unit's ability to accomplish the mission.

"We would not have been successful on that end [Iraq] if it wasn't for the great support and great FRGs that we have on this end. They kept the number of issues down to a bare minimum."

Miles' wife, Betsy, said, "When units experienced a

casualty, they really came together with tangible and emotional support for those family members.

"In the midst of that sadness, it was so encouraging to see that kind of support for one another."

Units returning over the past ten days included elements of 1st Bn., 27th Inf. Rgt., 1st Bn. 62nd Air Defense Artillery, 1st Bn. 21st Inf. Rgt., 725th Main Support Bn., 2nd Bn., 11th Field Artillery Rgt., 65th Engineer Bn., and HHC, 2nd BCT.

As the unit closes a historical chapter and prepares to undergo Stryker Transformation, Miles said, "Seeing the BCT perform its mission day after day and excelling at it ... as a commander, it was very rewarding and encouraging.

"The Soldiers operated in a tough environment and were more than capable. It's a tribute to the quality of young people we have serving today."



Joy Boisselle

A returning Soldier gets a real Aloha-style welcome Feb. 18 on Wheeler Army Air Field.

Quality of life

From A-1

are taken care of, our people will do better jobs."

The subcommittee members questioned Preston and the other three senior enlisted leaders, Sgt. Maj. of the Marine Corps John L. Estrada, Master Chief Petty Officer of the Navy Terry Scott and Chief Master Sgt. of the Air Force Gerald R. Murray on various issues. The general consensus was child care and housing were immediate issues to address in the military.

All the leaders reported thousands in their branches waiting to receive on-post child care.

"It's a huge challenge," Preston said. "The demographics show most spouses in the Army work. And with both parents working the need is high for child care."

With housing, Preston said even

with the basic allowance for housing increase, the Army is seeing more of an increase in Soldiers living on posts thanks to privatization.

A question a subcommittee member asked was about deployments.

"There is tension with back-to-back deployments and nine-month dwell time before returning to the desert," Preston said. "Transformation will help bring stability and predictability to Soldiers and their families. We're working to get the ideal times at one to two years dwell time for active duty and five to six years dwell time for the Reserve component."

The leaders were asked about their recruiting and retention figures. For the Army, all figures are currently met except for National Guard recruiting. Preston said many of the Reserve component's

recruiting numbers are gained with active duty Soldiers getting out. But because of the war and stop loss, the National Guard is challenged meeting its requirement.

"Recruiters have a tough job," Preston said.

"I met a staff sergeant, a recruiter, who had recruits to ship out one day and one of them called to say he couldn't go because his mother threatened to commit suicide if he went; another recruit's father called to say he didn't have the money for gas to bring his son up to the station. The recruiter paid for the gas out of pocket."

Another topic brought up was the Department of Defense school system.

"I have children attending DoD schools and we love it because of its consistency, stability of curriculum and performance," said Scott.

Preston said transformation is a

positive effect for children in schools because the family will be in the area longer. He said because of the stability transformation will bring, it will be easier for high school students to compete for scholarships in public schools.

Health care for the Reserve component was also a concern discussed.

"While Guard and Reserve Soldiers are on active duty, they're getting the same treatment as active duty," Preston said.

He said currently Reserve component Soldiers and their families are eligible to use TriCare 90 days before and 180 days after deployment. Preston also said the Army is working on making the timeframe longer with use of premiums.

One subcommittee member wanted to know if the weight requirements to ship household goods should change.

"Between 60 to 70 percent of Sailors said they have sold, left behind or gave away their household goods to meet the weight requirement," Scott said.

"For an overseas assignment we expect the Sailor, once they arrive, to go to work immediately but their POV (privately owned vehicle) won't show up for another 90 to 120 days.

So they have to pay for a taxi and make their car payments. Sometimes, they have to get rid of their second vehicle to take an assignment in Hawaii or Alaska."

Committee members also discussed changes in the policies of damaged goods, group life insurance, death gratuity, increasing educational benefits and compensating service members for skills lucrative in the civilian job market.

(Editor's note: Staff Sgt. Reeba Critser writes for the Office of the Chief of Public Affairs.)

Reenlist

From A-1

fully supports the program.

"I think it will contribute to keeping good Soldiers who are 'sitting on the fence' and can't decide whether to stay in the Army," Bowyer said. "It gives them benefits that will help to make the decision easier."

Soldiers have two options when reenlisting under the new program. They can sign up for the needs of the Army, which lets the Army choose their next duty station; or stabilization, which locks in their current duty station for two years after they redeploy.

Even though most Soldiers will qualify for a bonus if they reenlist while deployed, Garcia said not everyone will get the full \$15,000 and some may not even qualify for a bonus at all.

"It's all in the math," he said.

Under the new program, Soldiers will fall into two categories based on their pay grade and time in service. Soldiers in their initial term of enlistment who have served between 17

months and six years fall into the A zone, whereas Soldiers who have served between six and 10 years fall into the B zone.

Soldiers in the A zone will be awarded 1.5 times their monthly base pay multiplied by the number of years they reenlist for beyond their current ETS date. Soldiers in the B zone will qualify for their base pay multiplied by the number of years they reenlist for. All bonuses will be paid in one lump sum.

Garcia said Soldiers in some MOS's might qualify for more money based on their standard bonuses. "For instance, an explosive ordnance disposal specialist normally qualifies for 3.5 times their base pay multiplied by the number of years and can go up to \$30,000, so they would want to stick with that option."

For more information about Selective Reenlistment Bonuses, Soldiers should speak to their unit or installation career counselor.

Afghan government, coalition and NGO’s bring relief to snowbound Afghan villages

By Maj. Michael Myers
105th Mobile Public Affairs Det.

Coalition Soldiers, in a turn-around from combat missions, accompanied emergency supplies to the southeastern province of Zabol, Afghanistan.

The mission relieved hardships during a continual deluge of severe weather which has pounded the province since early January.

Laboring through deep snow, Afghan villagers struggled to reach the U.S. Army Chinooks delivering humanitarian aid. Some villagers climbed onto rooftops to wave at pilots and crew who delivered the pallets to district seats and outlying villages.

Humanitarian projects are common for U.S. military units which regularly make assessments of villages for long-term reconstruction projects such as wells, school buildings and educational supplies, medical and agricultural aid.

However, Maj. Joe Walsh, executive officer, 2nd Battalion, 35th Infantry Regiment, 25th Infantry Division (Light) stressed the current need as being immediate and critical.

“I can tell you at this point, the need is significant. We are assessing villages and districts as we arrive on site,” said Walsh.

He added that worsening weather is making conditions increasingly difficult.

The high-impact relief mission, called Operation Bear’s Paw, is a combination effort by coalition forces, non-governmental organizations and Afghan government officials who toured several affected districts by air in February.

“[We have] seen more snow and rain in the past three weeks than in the past seven years,” said Zabol Provincial Governor Hussein.

“Afghanistan has been struggling with drought for seven years that has, along with two decades of strife, robbed it of much of its ability to sustain itself.

“The last viable harvest occurred in 1998.”

The rain and snow, though replenishing the water table, is also “threatening the people we have worked so hard to protect,” said Walsh.

“Snow as deep as 20 feet in the higher elevations has trapped families in their homes, blocking any form of vehicle transportation until spring or an early thaw,” said Walsh.

“Villagers depend on mountain passes which are now blocked by snow, to transport goods from outside their district to survive during the winter months.”

Walsh, whose unit has

worked closely over the past year with district leaders to rid the area of anti-coalition militia, said a wide range of needs were identified including medical supplies, blankets and food stuffs.

Afghan homes, often made from a mixture of mud and straw, have collapsed under the deluge of rain and snow, said Walsh.

Food Humanitarian Assistance Package’s were accompanied by U.S. Army rifle squads to district seats for distribution to families with the most need.

When distribution is complete 2,056 FHAP’s will have been delivered. The FHAP’s include 100-pound. bags of flour, rice and beans, and bags of sugar, salt and containers of oil.

Delivering the 257 tons of supplies will take an expected 130 sorties and will feed 82,000 people for 10 days – approximately one-third of Zabol Province’s population.

Ninety percent of that population lives in rural villages currently inaccessible by vehicles.

U.S. and Afghan National Army personnel at other sites have provided blankets, food and fuel.

They also provided shelter for several hundred displaced civilians and trapped motorists along Southeastern Afghanistan’s major highway.

Relief efforts, planned for all 11 districts of Zabol Province, are being synchronized daily, said Walsh.

Funding for the relief project came from NGO’s and U.S. Military Commander’s Emergency Relief Project funds.

These funds are available to commanders in Afghanistan to use for rebuilding and reconstruction purposes and may also be used for emergency relief.

Coalition forces must remain “flexible and able to react to a changing environment at the drop of a dime, Walsh said.

“War comes in many forms and, in this case, it comes in the form of humanitarian assistance,” Walsh said.

“Yesterday we stood on the Zabol Province battlefield fighting the enemy with rifles and gunships.

“Today we are fighting the enemy with food and supplies.”

The ability to work with and gain the confidence of the Afghan people is vital for continued military operations.

“This form of support we are providing jointly with the central government is just as deadly—if not more deadly—for enemies of Afghanistan, than any bullet that could be fired from a weapon,” said Walsh.



Spc. Claudia K. Bullard

Crew Chief Staff Sgt. Joey Barnard, of Savannah, Georgia, loads a pallet of humanitarian supplies onto a helicopter for distribution to snowbound villages in Southeastern Afghanistan. Teams delivered approximately 257 tons of supplies to 11 districts in the province.



Soldiers hit mile six of the Great Aloha Run.

MILITARY MAKES PRESENCE KNOWN DURING THE GREAT ALOHA RUN

By Capt. Kathy Turner and Rafi Grant
25th ID (L) Public Affairs

More than 6,000 military members, including Soldiers from U.S. Army, Hawaii participated in the 21st Annual Great Aloha Run Feb. 21.

Sunny skies and cool trade winds were the background for the race, which hosted close to 20,000 participants from across the state.

USARHAW was represented by 17 units with more than 1,300 Soldiers. This number is in addition to the 2,000 runners of the Afghanistan GAR, an event that gave deployed Soldiers the chance to be part of the race.

As Soldiers marched toward the start line of the 8.15-mile race, the surrounding crowds of runners showed their support for the troops in formation.

"There was a lot of pride as we marched from the Federal Building to the start line," said Col. Michael McBride, commander of USARHAW.

"All the individual runners who were lined up, broke out in unscripted applause and cheers as we marched by."

The scenic course led the participants from Aloha Tower, in downtown Honolulu, to the Aloha Stadium in Pearl City – a distance that seemed quite long if there had not been an abundance of distractions.

Along the course, several high school bands and cheering crowds kept the runners going and let muscle aches and doubts disappear in the sounds of support.

Soldiers from the 25th Infantry Division (Light) and USARHAW remained committed and ran to show their support for the local charities that benefited from the funds raised.



U.S. Army Hawaii, led by Col. Michael McBride, run into Aloha Stadium at the end of the 8.15 mile Great Aloha Run Feb. 21.

"This is not about the [finishing] time; it is about respecting the tradition and enjoying to be a part of it," said 1st Lt. Kevin McQueary of the 65th Engineer Battalion.

As Soldiers crossed the finish line at the stadium, video recorded from Afghanistan played on the jumbo-tron.

Participants also received energy drinks, water bottles, oranges and sweet bread for refueling in addition to the Great Aloha "Finisher" T-shirt.

Adm. Thomas Fargo, commander, Pacific Command and Command Sgt. Maj. Mark Farley, U.S. Army, Pacific command sergeant major presented the unit and individual mili-

tary awards during the ceremony. In the military category, the top three finishers received \$1,000, \$500 and \$250.

Top military male finisher was Chris Larson of the Hawaii Army National Guard with a time of 44 min. and 45 sec. First military female finisher was the Navy's Christy Prichard who completed the race in 52 min. and 9 sec.

The Marines were presented this year's award for most participation, beating out the Army by a little more than 200 personnel. The Army was presented with a Combat Zone Participation Award for the Great Aloha Run conducted in Afghanistan.

"We committed to every able body participating, whether 500 or 5,000. It was an honor to participate in the run," McBride said.

Since 1985 the Great Aloha Run has raised more than \$6.2 million for more than 100 charitable organizations and community groups in Hawaii.

65th Eng. Bn. "Sappers" celebrate on their approach to the finish line at Aloha Stadium.



Soldiers from HHC, 125th Signal Battalion take a break after completing the GAR as "Sounds of Freedom" participants during the race.





Noodle “Kicker” Tournament – Participate

Schofield Barracks
Tropics Breakfast
Beginning March 1, Mon –
Sat, 8 – 10:30 a.m. Purchase
any breakfast burrito, biscuit
sandwich, or breakfast crois-
sant and add hash rounds for
50 cents. Or, try the new
Monster Muffins – blueberry,
cinnamon caramel, lemon
poppy seed, and cream cheese.
Cinnobabies available for \$1
with the purchase of any
other menu item. Call 655-

Blue Star Card Program

Closing – The Blue Star Card

Lighten Up! Tighten Up!
– Eat healthy and win prizes.
Pick up a “healthy” stamp
card at the Schofield Bowling
Center Snack bar or at the

Driver's Education Class – Enroll now for classes beginning March 1 at building 1782, Aliamanu and March 6 at building 556, Schofield Barracks. Call 655-5314.

Combat postal unit helps redeploying troops

Story and photos by
Spc. Dijon Rolle
17th Public Affairs Detachment

KANDAHAR AIRFIELD, Afghanistan — As many personnel throughout the country prepare to redeploy, they're relying on Soldiers from the 841st Adjutant General Company (Postal), U.S. Army Reserve, to help them send their personal items home.

After a year-long deployment, troops can easily find themselves with far more personal baggage than when they arrived. Weekly trips to the bazaar and Post Exchange, care packages from home and online shopping can add up.

Along with the excitement of redeploying can come the anxiety of what to do with all of these extra items.

While most units have designated pallets or shipping containers for sending things back home, space is usually limited and reserved primarily for mission-essential equipment. Another concern is that it can be months before these shipping containers reach their destination.

Many redeploying troops are being proactive and mailing personal items like clothing, electronics and souvenirs back to their home stations.

In addition to saving space, some said mailing their things directly home is faster and more convenient.

"For me, mailing everything is quicker, because I (permanently change stations) as soon as I get back," said Sgt. Jessenia Johnson,



Spc. Paula Bazler (left), 841st AG Co. (Postal), properly seals a customer's package at the Kandahar Airfield post office Jan. 24.

Company C, 125th Signal Battalion. "Everything will be there ... already waiting," she said.

Johnson serves at the

Qalat Provincial Reconstruction Team and said she started shipping her items home as early as October.

"I just started mailing what I could, piece by piece, whenever I could. My unit gave us a list of what we could and couldn't mail as soon as we got there, so I knew what I would be taking home with me ahead of time."

Other Soldiers were just being proactive by packing up in advance of the end of their tour.

"I want it there when I get there," said Spc. Kenneth Lewis, Company C, 528th Engineer Battalion. "We knew we were moving, so I started packing up everything as soon as I could."

Lewis said he was pleased with the quality of customer service he received while visiting the post office.

"They're by the rules;

they check everything," said Lewis with a laugh. "But they're always helping you out whenever you need it."

"I've been in here just about every day this week, so it's been pretty easy to get everything mailed off. They squared me away. I don't have any complaints."

Postal clerks are required to inspect all outgoing packages, and customers must have a valid identification card to mail items.

In addition to the stacks of tape, boxes and customs forms, there are several signs posted throughout the post office listing prohibited items, like TA-50, sand or soil, and cigarette lighters.

Postal Soldiers say the easiest way to ensure packages get to the right place at the right time is

to ensure all customs forms and addresses are filled out properly, the items inside are packed correctly with paper or bubble wrap, and you ask questions if you're unsure about any item.

"We're here to help," said Spc. Candice Miller, 841st AG Co. postal clerk.

"We come into contact with a lot of different units every day, so it's rewarding to know that we're making a difference. It's one less thing the Soldiers have to worry about."

All of these steps can also shorten time spent waiting in line.

Most importantly, troops should simply follow postal rules and regulations.

Packages cannot weigh more than 70 pounds or exceed 130 inches in length

plus girth. Once a package leaves the post office, it can take anywhere from one to two weeks to reach the United States if it's shipped priority.

Postal Soldiers credit unit mail clerks and commanders for helping to educate troops.

"This is definitely a team effort," said 1st Lt. Latanya Baker, 841st AG Co. postal officer.

"We work with the unit commanders, the unit mail clerks - everyone - to reinforce postal policies and to make sure we're providing the best service possible," she said. "Their support helps to make our mission easier."

"We're pleased we can be of service to the troops and civilians serving on KAF."



Pfc. Bruce Downard, 841st AG Co. (Postal), inspects the address on an outgoing package before sorting it at the Kandahar Airfield post office Jan 24.

Schofield Junior Bowlers roll big at city tournament

By Joy Boisselle
Staff Writer

Twenty-eight Schofield Junior League bowlers participated in the Greater Oahu Annual Young American Bowling Alliance Tournament held Feb. 19 and 20 at Schofield Barracks Lanes.

Coach Phil Weyl pronounced the league's performance as "the best in the last 10 years." Case in point, 24 of the league's bowlers finished in the top 10 of their events and four brought home first place finishes.

The Greater Oahu YABA Tournament is an all-state event dating back to 1995. The nine game format pitted more than 300 of the state's top bowlers in competition for singles (three games pin total), doubles (three games pin total), team (three games pin total), and overall honors (total pins all nine games).

The tournament featured bowlers from six to 21 years of age and featured three age divisions; bantam, age 11 and below, junior, ages 12 to 14, and senior masters, ages 15 to 21. Bowlers competed in handicap or scratch skill levels.

The senior scratch events are the premier event of the tournament featuring the most experienced and developed bowlers. Schofield's team of Jennifer Boisselle, Kevin Tatrow, Corey Kim, and Noeau Kahele began the competition with strong singles and doubles postings. Tatrow and Boisselle, both 14-years-old, placed third and fifth in singles and eleventh and fifth overall.

The strongest results were in the Bantam and Junior events and they foretell a bright league future. Placing first in the bantam division overall girl and boy was Hannah Weyl and Cody Wilcher.

In the junior division, five bowlers placed in the top five overall categories. For girls, Michelle Pearson was first and Tamara Stephens placed fourth. For boys, Paul Farmer placed second and Joshua Mead finished fourth.

According to tournament director, Barbara Sakamoto, the tournament is important to developing Hawaii bowlers.

"It gives them experience at competition, builds their skills, and helps prepare them for high school bowling programs," she said. Hawaii's junior bowling program is one of the most active in the nation with more than 600 bowlers participating weekly.

The Schofield Junior Bowling League, with their recent tournament success, is a developing league powerhouse. A fixture on Saturday mornings since 1974, the league, today, consists of 50 youth of all age and skill levels.

Weyl, Schofield coach since 1988, said, "This is the best league we have had in years and our younger kids are only going to get better."

Although the fall league finishes April 23, Weyl said he takes new bowlers year-round. "I will always make room for a kid who wants to join," he said, adding, "I really need more coaches too."

The league meets every Saturday morning from 9 to 11:30 a.m. Saturday afternoons, the league travels (both scratch and handicap), to different bowling centers across the island for team competition.

(Editor's Note: For information, contact Phil Weyl, 655-0541, day or 623-3009, night.)

Greater Oahu Annual Young American Bowling Alliance Tournament Schofield Junior Bowling League results									
Brunswick					Brunswick				
6 7					8 9				
Bantam Handicap, ages 11 and under					Senior Masters, Handicap ages 15-22				
Girls Individual 1st - Hannah Weyl 6th - Jasmine Ash 7th - Brianna Hew					Girls Individual 2nd - Stephanie Briones 3rd -Taneka Stephens				
Boys Individual 1st - Cody Wilcher 2nd - Bryson Labuguen					Boys Individual 7th - Timothy Bowers 8th - Micah Seki 10th - Brandon Peeples				
Coed Doubles 4th- Wilcher/Hew 5th - Weyl/Ash 7th - Bobby Garcia/Brian Standiford					Coed Doubles 1st - Briones/Anthony Vandergrift 3rd - Stephens/Seki				
Coed Team 2nd - Weyl/Ash/Hew/Wilcher					Coed Team 3rd - Bower/Kekoa Ford/Peeples/Bryson Tobias 9th - Stephens/Seki/Vandergrift/Briones				
Girls Overall 1st - Weyl 3rd - Ash 4th - Hew					Girls Overall 2nd - Briones 9th - Stephens				
Boys Overall 1st - Wilcher 6th - Labuguen 9th - Standiford					Boys Overall 4th - Seki 5th - Bower 10th - Ford				
Juniors, Handicap ages 12-14					Senior Masters, Scratch ages 15-21				
Girls Individual 5th - Tamara Stephens 7th - Michelle Pearson					Girls Individual 5th - Jen Boisselle				
Boys Individual 5th - Paul Farmer					Boys Individual 3rd - Kevin Tatrow 6th - Corey Kim 8th - Noeau Kahele				
Coed Doubles 2nd - Farmer/Nick Bower 3rd - Stephens/Joshua Mead					Coed Doubles 6th - Boisselle/Tatrow				
Coed Team 3rd - Mead/Stephens/Kayumi Vanek/Michael Standiford					Coed Team 14th - Boisselle/Tatrow/Kim/Kahele				
Girls Overall 1st - Pearson 4th - Stephens					Girls Overall 5th - Boisselle				
Boys Overall 2nd - Farmer 4th - Mead 7th - Bower					Boys Overall 11th -Tatrow 14th - Kim 12th - Kim/Kahele				

Adopt seven healthy habits to be a more effective family unit

By Kirsten Tacker
Contributing Writer

Army Community Service presented a free workshop Jan. 28 based upon Stephen R. Covey's book, "The 7 Habits of Highly Effective Families."

His book teaches how to be conscious of several factors during both the hardships and blessings of Army family life. Here are several tips for families hoping to become more effective.

**Habit 1:
Be proactive**

Being proactive is accepting responsibility for your own behavior at all times and making choices on values and principles rather than circumstances or mood. This is accomplished by using self-awareness, imagination, conscience and independent will. Embracing this habit allows you to undertake the others.

**Habit 2:
Begin with the end in mind**

Mentally identify and commit yourself to the principles, values, relationships and purposes that matter most to you and your family. A mission statement is the primary decision because it governs all other decisions.

Also to make a mission statement - this is something you can give to your family. Encourage all family members to get involved.

A mission statement is the heart and soul of the family it is your blueprint of which to follow. It includes what your family stands for and their values.

An example of a mission statement from Covey's book:

Our family mission:

- To always be kind, respectful and supportive of each other,
- To be honest and open with each other,
- To keep a spiritual feeling in the home,
- To love each other unconditionally,
- To be responsible to live a happy, healthy and fulfilling life,
- To make this house a place we want to come home to.

**Habit 3:
Put first things first**

Focus on what matters most and prioritize. Second things do not come first.

**Habit 4:
Think win – win**

This is seeking mutual benefit and is based upon mutual respect in all interactions. Think in terms of "we" not "me". This encourages conflict resolution.

**Habit 5:
Seek first to understand, then to be understood**

Listen to understand and not with the intent to reply. When others feel understood they feel heard and valued.

Seeking to understand takes kindness: seeking to be understood takes courage. Your effectiveness is balancing the two together.

**Habit 6:
Synergize**

Synergy is identifying strengths and going for creative cooperation. It is about producing a third alternative.

It is not my way, not your way, but a combined mutual respect of a third way that is better than they could have come up with individually.

**Habit 7:
Sharpen the saw**

Sharpen the saw is renewal. This is the habit that increases our capacity to live all other habits of effectiveness. It safeguards against burnout and keeps the family moving towards growth.

The idea is to make these Habits daily common practice within the family to be a more effective unit.

Other workshops are coming up on Thursday, April 7 and Thursday, April 14 from 4:30 to 8:30 p.m. at the Schofield Barracks Army Community Service building (in front of the Thrift Shop).

This class will be in conjunction with Spouses Night Out. Call 655-2400 for more information.

The STD few can even pronounce can't be prevented with condoms

By Sgt. Jorge Gomez
Army News Service

FORT LEE, Va. – Human papillomavirus is one of the most common sexually transmitted diseases yet it is the least known STD. About 20 million Americans are infected with HPV and about 5.5 million people are infected yearly, according to the Centers for Disease Control and Prevention.

Certain types of HPV cause cervical cancer and yet there is little public awareness of the virus, unlike AIDS awareness, even though it is equally deadly.

Of the 100 HPV types that have been identified, 30 of them infect the genital area. Most of the infections cause no symptoms and go away on their own, but HPV is a public health concern to the CDC because persistent infection can cause cervical cancer in women.

Cervical cancer screening using the Pap test and treatment of precancerous cervical abnormalities have resulted in a significant decrease in deaths in the United States.

However, the CDC reports that an estimated 12,200 women develop cervical cancer and 4,100 women die from it.

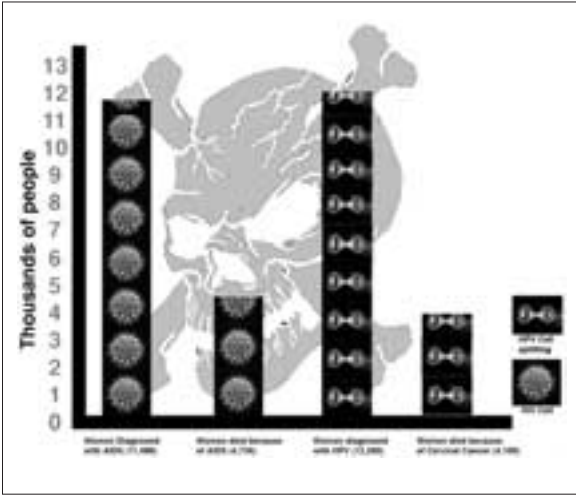
In 2003, the CDC also estimated that 11,498 women were diagnosed with AIDS and 4,736 of those died.

The number of women who are diagnosed and die from AIDS nearly equals those who develop cervical cancer and die.

Yet Americans are largely ignorant of HPV and few mediums seem interested in raising awareness.

For example, the Army News Service search engine generates 43 articles from its electronic archives with the entry “HIV,” but fails to generate a single article with the entry “HPV.”

The Walter Reed Army Medical Center search engine generated more than 200 links



with “HIV,” but only 12 links with “HPV.”

Educating people, and women especially, becomes critical when one considers that HPV cannot be prevented through condom use.

Transmission of HPV occurs through contact with infected genital area skin. HPV infection in women can occur on the cervix, vagina, vulva, inner thighs, and perianal area.

For the male, infection can occur on the penis, urethra, scrotum, inner thighs and perianal area.

In June 2000, the National Institutes of Health produced a report titled, Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease Prevention.

It reported favorably in preventing the transmission of HIV, but for HPV the panel concluded that there was no evidence that condom use reduced the risk of HPV infection.

The CDC concluded that “even consistent and correct use of condoms would not be expected to offer complete protection from HPV infection because infections also may occur on sites not covered or protected by a condom,” according to the January 2004

Report to Congress: Prevention of Genital Human Papillomavirus Infection.

For women, the first indication of HPV comes from an abnormal Pap test which examines the cells in the cervix. An HPV DNA test is then used to determine what type of HPV the woman has contracted. Currently, there is no available HPV test for men.

To prevent genital HPV infection and cervical cancer, the CDC recommends the following:

- No genital contact with another individual.
- For those who choose to be sexually active, a long-term, monogamous relationship with an uninfected partner is the best strategy, but it is difficult to determine whether a partner is currently infected.
- Reducing the number of sexual partners and choosing a partner less likely to be infected.
- Regular cervical cancer screening for all sexually active women.

For more information, visit the following Web sites:

Centers for Disease Control: www.cdc.gov

National Cancer Institute: www.cancer.gov

National Institute of Allergy and Infectious Diseases: www.niaid.nih.gov

Top ten “do’s” and “don’ts” of weight loss

By Karen Miller-Kovach
Chief Scientist, Weight Watchers

As millions around the country work to lose weight and become healthier, some are finding that it can be a challenge to stick to a weight-loss program. But losing weight doesn't have to be a struggle! Below are ten “DOs” and ten real-world “DON'Ts” to help keep your weight-loss efforts on the right track:

- DO...
- DON'T...
1. DO monitor your progress. Weighing yourself once a week and measuring yourself monthly with a tape measure to record your progress will help to keep you motivated.
 2. DO eat the foods that satisfy you. Some people are satisfied with a piece of chicken, while a baked potato satisfies others. Find the healthy foods that satisfy you and incorporate them into your food plan.
 3. DO benefit from the experience of others. You can never have too many tips and strategies in your weight-loss tool kit.
 4. DO choose to eat healthful, wholesome foods from all the food groups. That's the only way you're assured of getting the essential nutrients you need.
 5. DO exercise. While a recommended goal for weight loss is about an hour a day of moderate activity, anything more than what you're doing now is a plus.
 6. DO eat breakfast every day. Missing out on this important meal can leave you feeling extra hungry and lead to overeating later in the day.
 7. DO take a multiple vitamin-mineral supplement. Choose one that provides about 100 percent of the % Daily Value.
 8. DO eat plenty of fruits, vegetables, low- and non-fat dairy products, and whole grains. They're low in calories, provide essential nutrients, provide eating satisfaction, and offer lots of health benefits.
 9. DO learn positive coping skills. Find new ways to deal with stress – take a walk, read a book or do an arts and crafts project – so that you don't turn to food for comfort.
 10. DO drink at least six glasses of water every day. It's a good health habit. Good choices, in addition to any kind of water, are caffeine-free beverages that don't contain alcohol.
1. DON'T forget that calories count. Eating fewer calories and exercising more is the bottom line in losing weight.
 2. DON'T obsess. The most successful “weight losers” have learned the skill of flexible restraint – limiting what they eat, but doing it in a way that allows for the ups and downs of daily living.
 3. DON'T set unrealistic goals. Shoot for an initial weight-loss goal that's about 10 percent of your current body weight and expect to lose about 1-2 pounds per week.
 4. DON'T follow a rigid “diet.” Learning healthy eating habits and incorporating lifestyle changes are what ultimately gets you to, and keeps you at, a healthy weight.
 5. DON'T risk your health just to lose weight. Losing weight improves your health – but not if you do it with a crash diet or one that deprives you of essential foods.
 6. DON'T go it alone. Getting encouragement and support from others—family, friends, or a weight-loss group—make the weight-loss journey less lonely.
 7. DON'T be duped by the latest fad. If it sounds too good to be true, then it probably is.
 8. DON'T drink your calories – eat them. Solid food provides greater eating satisfaction, often with fewer calories. For example, instead of orange juice, eat an orange.
 9. DON'T let your family or friends negatively influence you. You need to lose weight for yourself, at your own pace and in your own way.
 10. DON'T get distracted. Losing weight takes time and it's easy to let life derail your efforts. Take the time to recommit yourself to losing weight on a regular basis so that it stays on your “A” list of priorities.

Weight Watchers is a global leader in weight-loss services, with approximately 46,000 weekly meetings in 30 countries. Weight Watchers mission is to help people reach and maintain a healthy weight. At the heart of Weight Watchers are weekly meetings, which provide the coaching and tools to help people make the positive changes required to lose weight and keep it off. To learn more about Weight Watchers services, products, and publications, visit WeightWatchers.com. To find the nearest Weight Watchers meeting location, call 1-800-651-6000 or click on the “Find a Meeting” link at the top of the Weight Watchers homepage.



Maj. William Thurmond

The Army 01 Chevrolet's pit crew in action during Thursday's Nextel 150 qualifying race for the 2005 Daytona 500. Driver Joe Nemechek was involved in an accident midway through the race, forcing him to drive a backup car in Sunday's Daytona 500.

Mid-race crash a setback for Army Team

By Maj. William Thurmond
Army News Service

DAYTONA BEACH, Fla. – Sometimes you get the bear. And sometimes the bear gets you.

At Thursday's NASCAR Nextel Cup 150 mile qualifying race for Sunday's Daytona 500, Joe Nemechek ran into a bear.

Nemechek's Army Chevrolet started the race on the second row in third position with his teammate Scott Riggs beside him in fourth. Another teammate, Boris Said, was behind him in the third row, poised to push his partner to the front and possibly into victory lane. And for a while, it looked like it might happen.

Then came lap 36 and a brutal, confusing crash in the second turn that sent the Nemechek and five other drivers into the garage area for extensive repairs.

Ryan Pemberton, the crew chief for the Army team, watched the wreck from pit road and waited out several anxious moments until it was clear that Nemechek was unhurt. "I saw him get out of the car and kick the tire."

"He (Nemechek) really didn't say anything. I can read his mind, and he's pretty upset," said Pemberton. "At least everybody's okay. We've got another great car. It's the one we ran in the

Busch Clash. We feel it's every bit as good as the one we had today."

Nemechek's teammate Scott Riggs finished in fifth position, while Boris Said finished in tenth. Pemberton, who has worked as a NASCAR chief for the past eight years, takes days like Thursday in stride. "The car was handling well and running fast, but stuff like that happens."

"That car ran well for us last year. It was on the pole at Talladega. It was in four races and had a good shot at the pole this weekend. It's kinda' like a friend. It's wounded right now, and we're taking care of it. But the deal is, we're going on. We've got to get ready for Friday's practice."

"We've got a good backup car coming out of the trailer. We've got to prep it and get it ready for the 500," said Pemberton.

"Sometimes a deal like this will put you at a deficit or put us behind, but this Army team is extremely well prepared."

Nemechek finished 13th at the Daytona 500. He said, "I really feel I let my U.S. Army team down by messing up in the pits," said Nemechek. "But considering how erratic we were today a 13th place finish is okay, and I just mean okay."

"We're a much better superspeedway team than we showed today."

David Elenz; Army race engineer

Army News Service

DAYTONA BEACH, Fla., – Watching Thursday's qualifying race from the pits, race engineer David Elenz and his teammates looked on as months of hard work crumpled into a mass of twisted metal and rubber.

"We really thought we had a shot to win the race. We expected to win. A lot of people had their feelings hurt, but we got back up and got to work so we can go racing tomorrow," said Elenz.

Originally from Gaylord, Mich., Elenz now lives in the heart of NASCAR country, near Mooresville N.C.

At 23 years of age, he is among the youngest members of the 01 Army team. He has been working in NASCAR fulltime for the past year and a half.

"I interned with the #77 car for two summers while I was going to school in Clemson, SC," said Elenz.

There he met and worked alongside his current crew chief, Ryan Pemberton, who got him his job on the 01 Army Chevrolet.

As a race engineer for the team he helps keeps track of everything the team has learned in the past, so that "...when the right moment comes and the crew chief needs some piece of information, I can just give it to him."

"I do a lot of stuff supporting the crew chief throughout the weekend, giving him information we've learned from previous testing," said Elenz.

On Sunday he helped



Courtesy photo

David Elenz, a race engineer on the 01 Army Chevrolet, steers the team's damaged racecar past a line of NASCAR haulers in Daytona's garage area.

calculate the car's fuel mileage, a critical piece of information in a car that, for all its technical sophistication, lacks a fuel gauge.

Elenz feels that one of the reasons the Army car can recover from Thursday's crash is the strength of the team behind it, and not just those wearing black and gold Army coveralls.

"I think the teamwork between the three MB2 teams is far and beyond better than any other teams out here," said Elenz.

"We all work really well

together and it just makes everything easier, especially out drafting where you've got a friend all the time."

Standing between the remains of Thursday's wrecked racecar and the backup car he and his teammates were preparing, Elenz said, "...in the garage right now we have representatives from all three MB2 teams working on our car right now."

"We're competitors out on the track, but we're still teammates."

"We all work together Monday through Saturday."

Schofield Soldier dominates day one of Armed Forces Boxing Championship

By Tanja Linton
Army News Service

FORT HUACHUCA, Ariz. – The enthusiastic roar of fans supporting all four services kicked off the first night of the 2005 Armed Forces Boxing Championships in a packed Barnes Field House here.

The seven preliminary bouts Feb. 18 featured boxers of all four services, but it was the four fights featuring Army boxers that sent the crowd, into a frenzy. All four stopped their opponents.

Army's Christopher Downs, who recently returned from a deployment in Iraq, pulled the plug 1:53 in round one on Marine Corps' Jonathan Harvison's attempt to advance in the 178 lbs. weight class.

On day two, Army boxers unleashed a hailstorm of blows to, once again, take the armed forces championship title.

The Army has won 27 of the 29 armed forces championships since the series began in 1967.

"This has been a very special year for me. This team has a special place in my heart, because most of the boxers are inexperienced," said Army head coach Basheer Abdullah. "(The national championships) will be a learning process for us." He noted his team also will be working with the International Military Sports Council, also known as CISM.

All four services had inexperienced teams and brought fresh faces to this year's Armed Forces Championships.

The lone Navy boxer of the night, was visibly upset when his attempt to make a mark for his service was stopped by "Wolfhound" Christopher Downs early in the second round on day two.

Military boxers will now prepare to make their mark at the nationals March 12-19 in Colorado Springs, Colo.



Spc. Marcus Butler

Schofield Barracks Soldier, Christopher Downs, 1st Bn. 27th Inf. Rgt., lands a thunderous right cross on U.S. Marine Corps Jonathan Harvison during the opening bouts of Armed Forces Boxing Championships in Arizona. On day two, Downs also defeated his second opponent.

Here are the results of the first night's fights:

132 lbs. Richard Mora of Tinker Air Force Base, Okla., outpointed Hugo Ramirez of Okinawa, Japan, 31-20.

141 lbs. Eric Canales of Cherry Point, N.C., outpointed Hector Ramos, 16-14.

152 lbs. Boyd Melson of Fort Carson, Colo., stopped Ramon Castro of Hurlburt Field, Fla., 1:18 in round four.

165 lbs. Wilfrido Gonzalez of Camp Lejeune, N.C. outpointed Mylin Wyche of Fighter Squadron Composite 13, 26-15.

Quentin McCoy of Fort Carson, Colo., stopped Aaron Banks of

Kirtland Air Force Base, N.M., 1:57 in round one. 178 lbs. Christopher Downs of Schofield Barracks, Hawaii, stopped Jonathan Harvison, 1:53 in round one.

201 lbs. Joe Guzman

of Fort Carson, Colo., retired Melvin Allick of Lackland Air Force Base, Texas, 0:30 in round two.

The 2005 Armed Force Boxing Championships concluded Saturday, Feb. 19.